

# Opensky yoga



**François Raoult** is dedicated to teaching yoga with awareness, integrity and compassion. He first felt the call at age 19, on a pilgrimage to sacred sites of India. A graduate of the Ecole Nationale de Yoga in Paris, he started teaching in 1975 and a year later began extensive training with Sri B.K.S. Iyengar. Today a certified Iyengar instructor, François also has studied meditation with Zen Master Thich Nhat Hanh, Ayurveda with Dr. Robert Svoboda, and anatomy with Thomas Myers. In addition to conducting an annual retreat in France, François teaches regularly throughout the US, Europe, Canada, Mexico and India. He is the founder of Open Sky Yoga Center in Rochester, NY. François is also certified in Gong Yoga and in "Laughing For No Reason!"

*Fees for the 8 week session, once a week, unless noted.*

No classes Memorial Day weekend May 27-30

## May 2-June 27, 2011

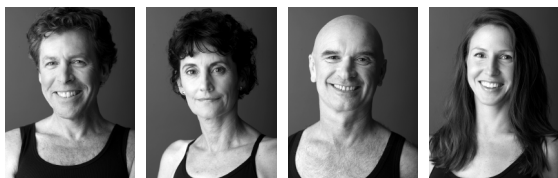
Mon.	12-1:15 pm	Yoga for all Musicians	Aimee	(begins Sept)
	4-4:50 pm	Yoga for children (age 6-10)	Aimee	(begins Sept)
	5:15-6:45 pm	Level 2-3	Rick	\$148
	7-8:30 pm	Level 1	Rick	\$148
Tues.	9:30 - 11 am	Level 2	Eleanor	\$148
	4:30-5:45 pm	Back care basics/Gentle Yoga	François/Kristin	\$148
	6-7:30 pm	Level 1-2	François/Tom	\$156
	7:45-9:15 pm	Level 1-2	François/Tom	\$156
Wed.	9:30-11 am	Level 1	Eleanor	\$148
	4-4:50 pm	Yoga for Preteens (10-14)	Aimee	(begins Sept)
	5:15-7:15 pm	Level 2-3	François/Eleanor	\$168
	7:30-9:00 pm	Level 1	Tom	\$148
Thurs.	4:15-5:45 pm	Level 1-2	François/Tom	\$156
	6:15-7:45 pm	Yoga for the Deaf in ASL	Alan	(begins Sept)
Fri.	9:30-11:30 am	Level 3-4/Teachers (7 weeks)	François/Rick	\$148
	noon-1:15 pm	Level 1-2 (7 weeks)	François/Carla	\$132
	4-5:30 pm	Yoga for Anxiety/Depression	Eleanor	(begins Sept)
Sat.	8:30-10 am	Level 1-2 (7 weeks)	Carla	\$132
	10:15-11:45 am	Prenatal (7 weeks/ends in summer)	Carla	\$132
	10:15-11:30am	Exhale and Relax	Carla	(begins Sept)
May 6, 2011	Women's Health: Back Bend	Eleanor	\$45	
June 12	Restorative	Eleanor	\$45	
Sept 7-11	Experiential Anatomy	Judith	\$615	
Dec 4-5	Chapin Mill Residential Retreat	François	\$420	
Dec 10-11	Yoga as an Antidote to Depression	François	\$220	
May 2012	India Himalayan Journey (\$800 deposit)	François & Nathalie		

### Join anytime. Free trial class.

**François Raoult**, M.A., RIYT, DIRECTOR

#### FACULTY:

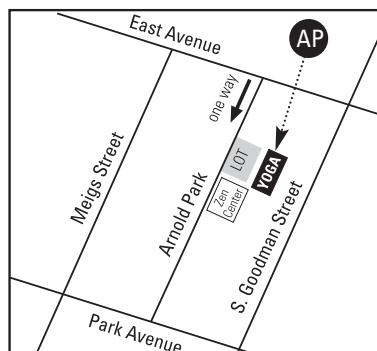
Tom Battley Eleanor Goldfarb Rick Lynch Carla Anselm  
Kristin Smith Aimee Rieger Alan McAllister



585 244-0782 yogawave@rochester.rr.com  
**www.openskyyoga.com**

DISCOUNTS: (one discount per student) 2 classes or more per week—10% discount/students & seniors—15% discount

Send to: **Open Sky Yoga Center,**  
19 Birch Cres., Rochester, NY 14607



5 Arnold Park, Roch. Zen Center Carriage House

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ Occupation \_\_\_\_\_

Day/Time of classes/seminars \_\_\_\_\_

Visa  MasterCard Expiration date \_\_\_\_\_

Credit card # \_\_\_\_\_ 3-digit Verification Code \_\_\_\_\_

Name on card \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_, payable to Open Sky Yoga.

Women  Restorative  Anatomy  Chapin  Depression  India